

headspace
Career
Mentoring



**inspire your
staff and shape
tomorrow's
workforce**



supporting young Australians when they need it most

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to young people aged 12–25. Young people have the highest prevalence of mental disorders of any age group and 75 per cent of mental health conditions arise before the age of 25.

With a focus on early intervention, headspace works with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

89% of young people reported that after accessing headspace support, they:

- better understood how to manage their mental health
- felt listened to
- knew how to reduce the impact mental health has on their lives.

Each year, headspace helps thousands of young people access vital support through headspace centres in over 130 communities across Australia, and through innovative digital services.



Since 2006, headspace has supported 626,000 young people with over 3.6 million occasions of service.



connecting young people with work and study



Just the idea of having someone that I can work with to plan for the future has immediately made me feel a lot less stressed and anxious about my transition from adolescence to eventual adulthood.

Shumon,
program participant

We know that work and study can have a positive impact on young peoples' mental health.

Unfortunately, almost 1 in 4 young people that access headspace services are not engaged in employment, education or training and COVID-19 continues to have a disproportionate effect on young people's employment and certainty for the future.

By partnering with headspace, your staff can play a vital role in supporting young Australians, helping to reduce stigma, building their confidence and creating more inclusive workplaces.



a rewarding experience with one of Australia's most trusted charities

The headspace Career Mentoring Program pairs industry mentors to work online alongside young people as they navigate their early career to engage and thrive in the world of work.

Through the mentoring relationship your staff will have the opportunity to become positive role models and make a real impact on the lives of young Australians.



a program designed to work with your business and see young people achieve



Building a connection

We connect your staff with young people who are looking to break into the world of work and take control of their futures. As mentors, they provide one-on-one guidance and help young people engage with the world of work, learn new skills and thrive in the workplace.



Mentor development

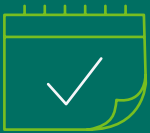
All mentors will be supported by headspace. They receive bespoke training to develop their mentoring skills and to build their mental health literacy with dedicated resources and plenty of opportunities for upskilling.



Easy for everyone

Online training and delivery of the program make participation easy for your staff and their mentees – no matter where they are. Participation in the service is flexible and mentoring sessions are scheduled between mentee and mentor around their availability.

an established program with excellent results



over 3200 mentoring sessions delivered to date



over 270 mentors trained to date



\$2.30 – the positive ROI for every \$1 invested in creating a mentally healthy workplace

Our mentors say:



100% of mentors would recommend the program to a colleague



100% of mentors gained new skills and knowledge



81% of mentors apply the new skills and knowledge in their day-to-day work



98% of mentors increased their professional satisfaction

Our mentees say:



96% of mentees would recommend the program to others



96% of mentees participating feel more confident about their work future than before



88% of mentees participating have a better understanding of potential career pathways



92% feel more optimistic about their work future than before they started in the service

giving young people a brighter future

As mentors, your staff will help young people gain knowledge and confidence by guiding them through job seeking and applications, interview skills, employer expectations and career progression.



The commitment

Mentors will connect with their mentees for one hour each fortnight for up to 6 months. These interactions take place on a dedicated online platform at a time that suits both parties.



Supported by headspace

The headspace mentoring team will be there throughout the journey, providing support to both mentors and young people.

Our team will:

- ✓ provide resources and session guides to help structure the relationship
- ✓ work with mentors to build their mental health literacy and mentoring skills, and equip them with tools to guide supportive conversations
- ✓ check-in regularly with mentors and mentees to see how the experience is going and provide extra support if needed
- ✓ host online forums for mentors to connect with each other and share their learnings
- ✓ foster an environment where mentors are encouraged to bring their own unique work and life experiences into the program.



Mentoring through headspace continues to be one of the most fulfilling things I do, and I have loved developing a strong relationship with my mentee.

Mentor



Michael and Richard's story



Previously, I have struggled with the pressure of finding a job, managing applications alongside university and work, and dealing with the stress that accompanies receiving setbacks from applications.

I went into the program knowing that I wanted to be a better job candidate – to work on my CV, cover letter and to develop my interviewing skills. However, one of the most empowering things I got from the experience was that I felt supported. I shared my wins and losses with (my mentor) Richard and we worked together to figure out a plan and a course of action.

I think the Mentoring Program is a great initiative. I'm also a huge advocate of seeking assistance and having productive conversations to help overcome difficulty. Working through a career path and grinding through job applications can be incredibly lonely as I've experienced – so having someone, whose role was to talk with me about this experience, was hugely beneficial.

Michael, Mentee

Mentoring Michael through headspace was an unforgettable experience.

Not only did I have the opportunity to make a positive impact on a young person's life but I also had my perceptions challenged by Michael and was forced to reflect on my life and work experiences to help to guide him. headspace provided excellent training and supported Michael and I throughout the whole journey, making the whole experience as seamless as possible and one which I would highly recommend.

Richard, Mentor

become a better business today

To help more young people break into the world of work and help more businesses create a better future, we need your support.

If you're interested in becoming a headspace Career Mentoring program Program Partner, please reach out.

mentoring@headspace.org.au

